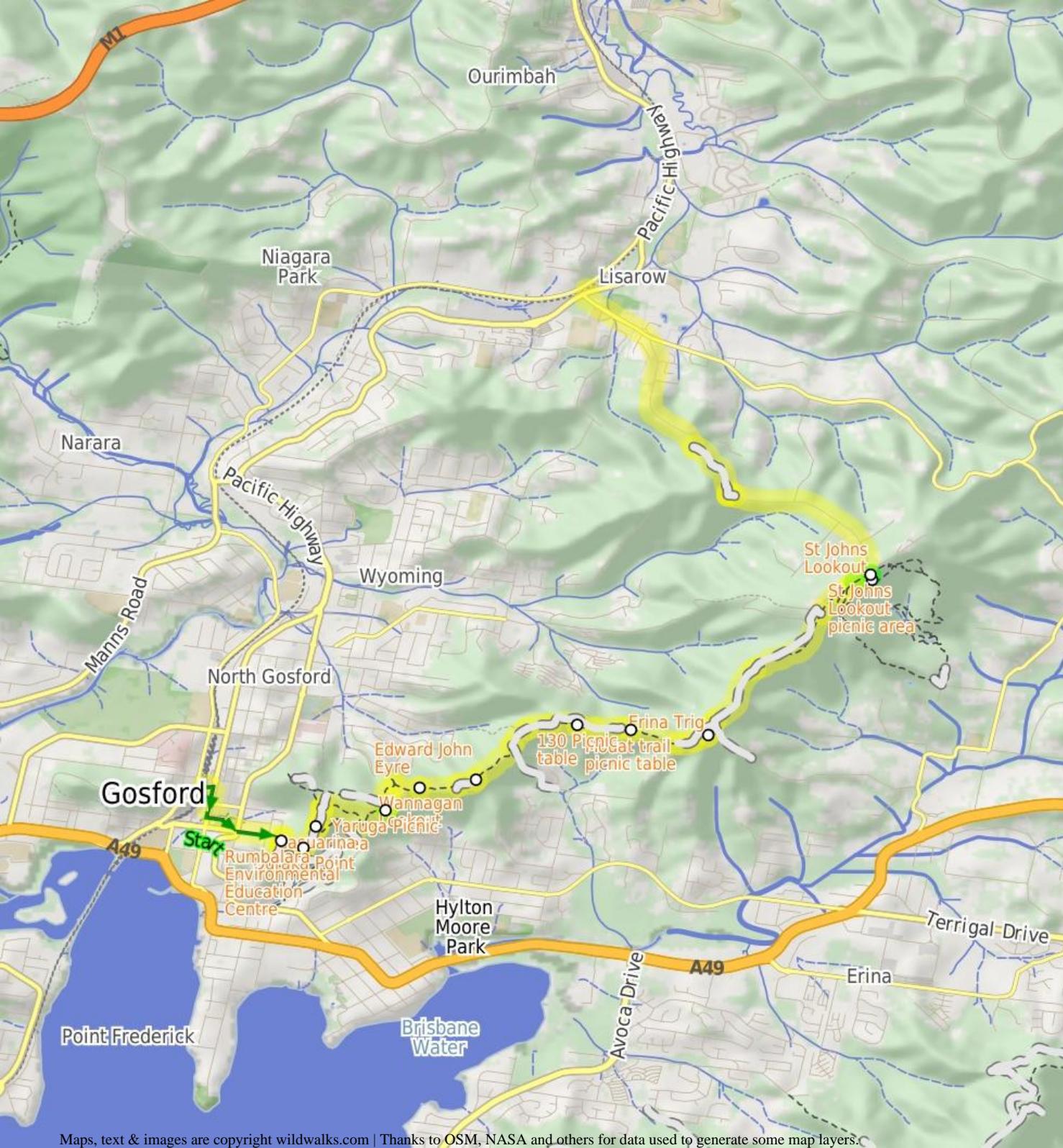


# Gosford to Lisarow



**4 hrs 30 mins**

**Hard track**



**11.3 km One way**  **479m**

This walk is a great way to explore the ridge-top bushland between Gosford and Lisarow. Passing through Rumbalara and Katandra Reserves, there are several picnic area, lookouts and other facilities scattered along the way. At times you will forget you are anywhere near houses, and at other points you will be enjoying vistas of the Central Coast. Much of the road walk toward the end is through a rural setting, making an enjoyable walk.

4m

202m

Katandra Reserve

## Rumbalara Environmental Education Centre

This centre is 'a New South Wales Department of Education and Training facility that provides environmental education and field work opportunities to students, teachers and the community of the Central Coast'. The centre is at the end of Donnison St, Gosford and is a good access point to some of the walking tracks in the adjoining Rumbalara Reserve. [More info.](#)

## Ouraka Point

This picturesque spot with fantastic views over Gosford and the surrounding areas, including Brisbane Waters, is located within the Rumbalara Reserve, along the Casuarina Walk. It is a beautiful spot to sit and enjoy the views for a while during a walk in the reserve.

## Casuarina

Commonly known as the she-oak, sheoak, ironwood, or beefwood, casuarinas have 'delicate, slender ultimate branches and leaves that are no more than scales, making the tree look more like a wispy conifer'. There are 17 species of Casuarina 'native to Australasia, southeastern Asia, and islands of the western Pacific Ocean'. [More info.](#)

## Yaruga Picnic Area

This picnic area is right beside Dolly Ave, within the Rumbalara Reserve, Gosford. The facilities include free electric BBQs, picnic tables, toilets and garbage bins. There are information boards with details of the walking tracks and other features of the reserve. There are a couple of lookout points at the edge of the picnic area with great views out across Gosford and the surrounding areas.

## Wannagan Lookout

The fenced Wannagan Lookout, on the Red Gum Walk, has great views over North Gosford. The fenced lookout sits at the top of a small cliff. Out of sight, beneath the lookout, is some great cliff and overhang scenery.

## Before You walk

Bushwalking is fun and a wonderful way to enjoy our natural places. Sometimes things go bad, with a bit of planning you can increase your chance of having an enjoyable and safer walk. Before setting off on your walk check

- 1) Weather Forecast ([BOM Hunter District](#))
- 2) Fire Dangers ([Greater Sydney Region](#))
- 3) Park Alerts ()
- 4) Research the walk to check your party has the skills, fitness and equipment required
- 5) Agree to stay as a group and not leave anyone to walk solo

## Think before you TREK

The 'Think before you TREK' program developed by NSW Police & NPWS promotes the benefits of planning ahead for your bushwalking trip by using an easy to remember acronym:

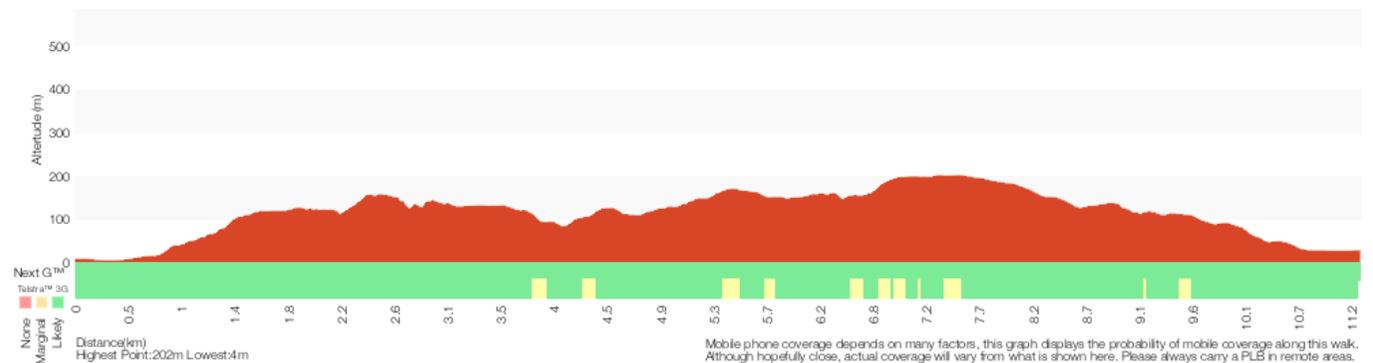
- T** Take adequate supplies of food, water, navigation and first aid equipment.
- R** Register your planned route and tell friends and family when you expect to return.
- E** Emergency beacon (PLB's) should be carried on walks with significant gaps in mobile coverage (check terrain profile).
- K** Keep to your planned route and follow the map and walking trails.

## Topo Maps

The maps provided on wildwalks are helpful, but there are times where you may need maps covering a broader area. Maps that cover this walk include;

**1:25 000 Map Series:**91312S GOSFORD

**1:100 000 Map Series:**9131 GOSFORD



## Grade

This walk has been graded using the AS 2156.1-2001. The overall grade of the walk is determined by the highest classification along the whole track.



Grade 4/6  
Hard track

<b>Length</b>	11.3 km One way
<b>Time</b>	4 hrs 30 mins
<b>Quality of track</b>	Formed track, with some branches and other obstacles (3/6)
<b>Signs</b>	Minimal directional signs (4/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Weather generally has little impact on safety (1/6)
<b>Infrastructure</b>	Limited facilities, not all cliffs are fenced (3/6)

### Are you ready to have fun?

Please ensure you and your group are well prepared and equipped for all possible hazards and delays. Check park closures, weather information and Fire Danger Rating before setting out. Optional side trips and alternate routes noted are not included in this walk's overall grade, length or time estimate. Please allow extra time for resting and exploring areas of interest. The authors, staff and owners of wildwalks take care in preparing this information but will not accept responsibility for any inconvenience, loss or injury you may experience. Please take care, have fun - Happy Walking.

**Getting there** You can get to Gosford Station (gps: -33.4235, 151.3418) by car, train or bus. Car: There is free parking available.

You can get back from Lisarow Station (gps: -33.3822, 151.3702) by car or bus. Car: There is free parking available.

Find up to date and more information including; travel directions, weather, park closures and walker feedback at <http://wild.tl/gtl>

### 0 | Gosford Station

*(1 km 19 mins)* From the train station, this walk heads out the main eastern exit and crosses the Pacific Hwy using the glass-covered footbridge. On the other side of the bridge, the walk heads down the stairs and turns left to walk along the footpath (next to the Highway, with the train station now on the right). The walk then crosses Erina St and, soon after, turns left into William St Mall. At the other end of the mall, the walk heads diagonally through Kibble Park and crosses Henry Parry Dr at the lights. Here, the walk heads uphill along Donnison St, passing Albany St. When Donnison St bends right, this walk continues straight up the hill a short distance into Rumbalara Environmental Education Centre car park.

Turn right: From the car park, this walk follows the 'Rumbalara Environmental Education Centre' arrow along the paved footpath to the trackhead at the back of the buildings, signposted 'Walking Trail'.

### 1.01 | Rumbalara Environmental Education Centre

This centre is 'a New South Wales Department of Education and Training facility that provides environmental education and field work opportunities to students, teachers and the community of the Central Coast'. The centre is at the end of Donnison St, Gosford and is a good access point to some of the walking tracks in the adjoining Rumbalara Reserve. [More info.](#)

### 1.01 | Rumbalara Environmental Education Centre trackhead

*(140 m 4 mins)* Turn left: From the trackhead at the back of the Rumbalara EEC, this walk follows the 'Walking Trail' arrow up the steps and along the track. The track crosses a small wooden bridge and bends to the right, then climbs a little to an intersection with a management trail.

Turn right: From the intersection, this walk follows the management trail gently up the hill, leaving the bush track steps behind to the right. The trail goes gently up the hill for a short distance to an intersection at the bottom of a metal staircase, signposted 'Casuarina Track'.

### 1.14 | Int of Casuarina track and JWD link trail

*(250 m 7 mins)* Turn left: From the intersection, this walk follows the 'Picnic Areas' arrow up the staircase. The walk then continues a short distance up the sandstone path and steps to an intersection with a management trail, marked by a track information board and a 'Casuarina Track' signpost pointing back to the 'Field Studies Centre'.

Turn left: From the intersection, this walk follows the 'Picnic Areas' arrow along the management trail, going gently up the hill. After a short distance, the walk arrives at an intersection with steps and a metal staircase to the left. Continue straight: From the intersection, this walk goes up the sandstone steps, then the metal staircase. The walk then crosses the end of the management trail and continues up the long flight of sandstone steps. After a

short distance, the walk passes some large boulders (to the left) and soon arrives at the signposted 'Ouraka Point', with beautiful views over Gosford and the surrounding areas and waterways.

### 1.39 | Ouraka Point

This picturesque spot with fantastic views over Gosford and the surrounding areas, including Brisbane Waters, is located within the Rumbalara Reserve, along the Casuarina Walk. It is a beautiful spot to sit and enjoy the views for a while during a walk in the reserve.

### 1.39 | Ouraka Point

*(250 m 5 mins)* Continue straight: From Ouraka Point, this walk follows the management trail going gently up the hill, leaving the seats and Ouraka Point behind to the left. After a while, the walk passes an informal, unfenced lookout area with obscured but nice views over Gosford, to the left. The walk continues a little further to an intersection, with a 'Casuarina Track' signpost pointing back to 'Ouraka Point'.

Continue straight: From the intersection, this walk follows the 'Picnic Areas' arrow along the management trail, keeping the views of Gosford to the left. After a short distance, the walk arrives at a sculpture of Charles Sturt, to the right.

### 1.64 | Casuarina

Commonly known as the she-oak, sheoak, ironwood, or beefwood, casuarinas have 'delicate, slender ultimate branches and leaves that are no more than scales, making the tree look more like a wispy conifer'. There are 17 species of Casuarina 'native to Australasia, southeastern Asia, and islands of the western Pacific Ocean'. [More info.](#)

### 1.64 | Sculpture of Charles Sturt

*(170 m 3 mins)* Continue straight: From the sculpture, this walk follows the management trail, keeping the views of Gosford to the left, and leaving Charles Sturt behind on the right. The walk continues along the trail to an intersection with a paved track, signposted 'Casuarina Track'.

Veer right: From the intersection, this walk follows the management trail up the hill leaving the paved 'Casuarina Track' behind on the left. After a very short distance, the walk arrives at an intersection with a bush track, signposted 'Flannel Flower Track'.

### 1.81 | Flannel Flower walk signpost

*(720 m 17 mins)* Veer right: From the intersection, this walk follows the 'Yaruga Picnic Area' arrow along the bush track, going gently down the hill. The walk meanders along the side of the hill for some time, passing occasional sandstone steps before continuing past an intersection with a bush track (on the left, uphill), and another soon after (on the right, downhill). The walk continues for some distance, climbing gently with numerous steps, before arriving beside the toilet block at Yaruga Picnic Area. The walk turns right and follows the paved path past the information board, then goes across the picnic area, following the 'Lookout' arrow to the electric BBQs.

### 2.53 | Yaruga Picnic Area

This picnic area is right beside Dolly Ave, within the Rumbalara Reserve, Gosford. The facilities include free electric BBQs, picnic tables, toilets and garbage bins. There are information boards with details of the walking tracks and other features of the reserve. There are a couple of lookout points at the edge of the picnic area with great views out across Gosford and the surrounding areas.

### 2.53 | Optional sidetrip to Yaruga Lookout

*(20 m 1 mins)* Turn right: From the BBQs, this walk goes a very short distance across the picnic area, away from the road, passing the 'Yaruga

Lookout' sign, to the left, and the 'Orchid Track' and 'Red Gum Track' signs, to the right, reaching a fenced lookout with a seat and great views out across the valley. At the time of writing, both the Orchid Track and the Red Gum Track were closed at this point. At the end of this side trip, retrace your steps back to the main walk then Continue straight.

### 2.53 | Yaruga Picnic Area BBQs

*(60 m 1 mins)* Turn left: From the BBQs, this walk goes across the picnic area towards the road and down the steps. The walk veers to the right, following the road gently down the hill for a short distance to an intersection with a bush track, beside a low boulder, on the left (some distance before the nearby water reservoir).

### 2.59 | Western int of Red Gum walk and Dolly Ave

*(480 m 13 mins)* Continue straight: From the intersection, this walk follows the bush track around the low boulder, to the right, keeping the nearby water reservoir to the right. The walk goes gently downhill for a short distance to an intersection with a management trail.

Continue straight: From the intersection, this walk follows the track down the steps, leaving the nearby water reservoir to the right. The track soon bends to the left at a rock outcrop, and winds down the hill for a while with plenty of steps. The walk levels out and meanders for a while, with occasional steps, to an intersection with a faint track, going down the hill to the left (just before the main track bends to the right and goes uphill a little).

Veer right: From the intersection, this walk follows the track as it goes gently up the hill, immediately bending to the right. The walk meanders through some good scenery for a short distance before reaching the fenced Wannagan Lookout, with great views to the north.

### 3.07 | Wannagan Lookout

The fenced Wannagan Lookout, on the Red Gum Walk, has great views over North Gosford. The fenced lookout sits at the top of a small cliff. Out of sight, beneath the lookout, is some great cliff and overhang scenery.

### 3.07 | Wannagan Lookout

*(430 m 8 mins)* Turn right: From the intersection, this walk follows the track a very short distance up the hill, away from the lookout, then turns left (ignoring the track to the right which goes a short distance up the hill to the road). The walk meanders along the side of the hill for some distance, keeping the valley to the left, going up and down occasional steps before reaching an intersection with a management trail.

Veer left: From the intersection, this walk follows the management trail away from the nearby gate (beside the road). The trail almost immediately bends to the right then meanders for a short distance to the sculpture of Edward John Eyre, on the right.

### 3.5 | Edward John Eyre

The Sculpture of Edward John Eyre is found near the southern end of the Mouat Trail in Rumbalara Reserve. Commissioned by Sara Lee Kitchens and the State Bicentennial Commission, this 1.25 scale figurative work was sculptured by Carl Merten. A circular inscription at the base declares this to be 'Edward John Eyre 1815-1901'. Eyre is one of Australia's more famous explorers. A father of 5, he was awarded the founder's gold medal from the Royal Geographical Society in 1847. In 1841, Eyre was appointed as resident magistrate and protector of Aborigines. He summed up his work like this - "*Moorundie was a District densely populated by Natives and in which prior to 1841 no settler had ventured to locate, and where (before I was stationed there) frightful scenes of bloodshed, rapine and hostility between the Natives and Parties coming overland with Stock had been of very frequent occurrence, but where, from the time of my arrival, and up to the date of my leaving not a single case of serious injury or aggression ever took place on*

*the part of the Natives against the Europeans, whilst the district became rapidly and extensively occupied by Settlers and by Stock". Eyre also served as lieutenant-governor for New Zealand, lieutenant-governor for St Vincent (West Indies), governor for Leeward Islands, governor for Antigua and governor-in-chief for Jamaica. [More info.](#)*

### 3.5 | Sculpture of Edward John Eyre

*(790 m 18 mins)* Continue straight: With the statue on the right, this walk follows the track north-east, keeping the valley on the left. The track winds to the top of the ridge and follows it past some filtered district views. The track soon follows a fence then heads down some stairs, winding through a rocky outcrop down to a wide trail. Here, the walk turns right and follows the trail a short distance to an intersection under the power lines.

Continue straight: From the intersection, this walk follows the trail north along the management trail, as indicated by the lower arrow on the post. The walk ignores the trails on the left and soon comes to an intersection at another trail (Bradys Gully trail, running steeply down to the left).

Continue straight: From the intersection, this walk heads east up the hill along the management trail, initially keeping Brady's Gully trail behind and to the left. The trail winds up the hill and soon comes to a clearing and a 'Y' intersection with a faint track (on the right), just below a rocky outcrop.

### 4.29 | Int west of 130

*(200 m 4 mins)* Veer right: From the intersection, this walk follows the faint track east up the hill, soon keeping the rocky outcrop to the left. The walk ignores a few side tracks (on the left) and then follows some steps up through a cleft in the rock. The track then turns right, following an arrow on a post across the top of the hill and coming to a picnic table and an unfenced view across East Gosford.

### 4.49 | 130 Picnic table

The 130 Picnic table (informally named based on the height of the hill) provides a spot to stop and rest. There are views from the top of this unfenced cliff across Brisbane Water and East Gosford. The single table has some limited natural shade from the surrounding trees.

### 4.49 | 130 Picnic table

*(400 m 9 mins)* Continue straight: From the picnic table, this walk heads east, initially keeping the view to the right. The track leads through the rocky outcrop and down the hill to an intersection with a management trail.

Veer right: From the intersection, this walk follows the management trail east across the saddle then up the hill, soon coming to an intersection just before a locked gate.

Veer right: From the intersection, this walk follows the track up the steps towards the rocky outcrop, keeping the gate to the left. The track climbs up the rocky outcrop then follows the fence for a short time, to a picnic table and an unfenced view across the valley (on the right).

### 4.89 | Mouat trail picnic table

Mouat trail picnic table is found about halfway along the Mouat trail. There is an old picnic table and bench seat at the top of an unfenced cliff with filtered views over Springfield East Gosford and the Brisbane Water. A nice spot for a snack and rest.

### 4.89 | Mouat trail picnic table

*(480 m 10 mins)* Continue straight: From the picnic table, this walk follows the track, keeping the fence to the left. The track soon passes close to a management trail (on the other side of the fence) and then passes a locked gate. Soon after the gate, the track passes a bench seat (and an unfenced view on the right), where the track bends left and follows the fence to another locked gate and a management trail.

Continue straight: From the gate, this walk follows the wide trail uphill, keeping the fence to the left. The trail follows the fence, steeply at one point, up the hill to a 'Y' intersection with the trig track (on the right), marked with two timber posts.

### 5.37 | Int of trig track and Toomeys Rd trail

*(120 m 2 mins)* Veer right: From the intersection, this walk follows the walking track sign north-east up the narrower track and steps. The track soon comes to the top of the hill and the Erina Trig station.

### 5.49 | Erina Trig

Erina Trig station is part of a national geodetic survey established during the 1970's. The 'Triangulation station' (aka trigonometrical or trig station) is a distinct marker which was once clear of trees and would have been visible for many kilometers in the area. There are many such trig stations around Australia, used to help in surveying. Each station has a known position and altitude which allows surveyors to use triangulation to determine another point's location. With advances in technology, these trig stations have been superseded and abandoned. [More info.](#)

### 5.49 | Erina Trig

*(90 m 2 mins)* Continue straight: From the trig station, this walk heads north-east down the hill, soon winding down some stairs to a management trail next to a fence and pond.

### 5.58 | Pond intersection

*(640 m 12 mins)* Turn right: From the intersection, this walk keeps the fence to the left and heads towards the power lines. The trail bends left, following a fence for a short distance to a three-way intersection with the Clyde Rd management trail (just before the locked private property gate).

Continue straight: From the intersection, this walk follows the wide trail past the locked gate and fence for the private residence (on the left). After about 250m, the trail passes a stockpile of rocks and dirt (on the left). About 230m past the stockpile, the trail comes to an intersection with the Mouat Trail marked with an arrow post (on the right).

### 6.22 | Int of Mouat and Toomeys Rd Trails

*(1.2 km 26 mins)* Turn right: From the intersection, this walk follows the arrow up the steps along the walking (and horse) track. The track soon passes over a rocky outcrop (beware of the cliff drop on the right). The walk then soon bends right, leaving the view to Toomeys management trail behind. The track then passes some large boulders before winding through the bush and heading up some steps, passing some informal tracks at the rock platform, and coming to a four-way intersection with a 'Graves Walk' sign (and a locked gate up the trail to the left).

Continue straight: From the intersection, this walk heads away from the face of the 'Graves Walk' sign, passing the post with a lilac strip (keeping the road up the hill to the left). The track winds through the bush to a three-way intersection, with a sign pointing back 'To Rumbalara Reserve'.

Continue straight: From the intersection, this walk follows none of the arrows but heads away from the face of the sign gently uphill, keeping the valley to the right. The track soon opens up into a large clearing, passing the 'Mount Mouat walk' and 'Graves Walk' signs and continuing for about 20m to an intersection with the signposted 'Guringai walk'.

Continue straight: From the intersection, this walk heads through the clearing towards the picnic area, soon coming to the car park and information sign.

### 7.42 | St Johns Lookout picnic area

St Johns Lookout picnic area is a large open area found at the top of Katandra Reserve on Toomeys Rd. The picnic area provides wheelchair accessible toilets, picnic tables, free electric BBQ's, parking areas and information

boards. There is plenty of open space with some natural shade provided by the surrounding trees. There are garbage bins provided but no drinking water.

### 7.42 | Optional sidetrip to St Johns Lookout

*(170 m 3 mins)* Continue straight: From the car park (signposted as 'Katandra' on Toomeys Rd), this walk heads across the picnic area and past the BBQ shelters, keeping the road up the hill to the left. Soon the walk comes to a sandstone footpath in front of the toilet block.

Turn right: From the toilet block, this walk follows the footpath past the information sign to the fenced and signposted 'St Johns Lookout' At the end of this side trip, retrace your steps back to the main walk then Turn sharp right.

### 7.42 | St Johns Lookout

This fenced lookout is found at the top of Katandra Reserve, near the toilets. The lookout was upgraded by Gosford Council in September 2009 and now provides a safer platform and easier access. From the lookout, there are extensive views south-east over Matcham, Erina Heights and Terrigal, out to the ocean. The Guringai Walk passes below the lookout - please take extra care to not drop anything from the platform.

### 7.42 | St Johns Lookout car park

*(1.4 km 27 mins)* Veer left: From the car park, this walk heads up to Toomeys Rd and turns right, following the road. The walk follows the main road as it become Taylors Road and bends left. About 400m after passing Tapley Rd (the very steep road on the right), the road leads to a dirt clearing and locked gate at the end of Taylors Rd (south).

### 8.86 | End of Taylors Rd (south)

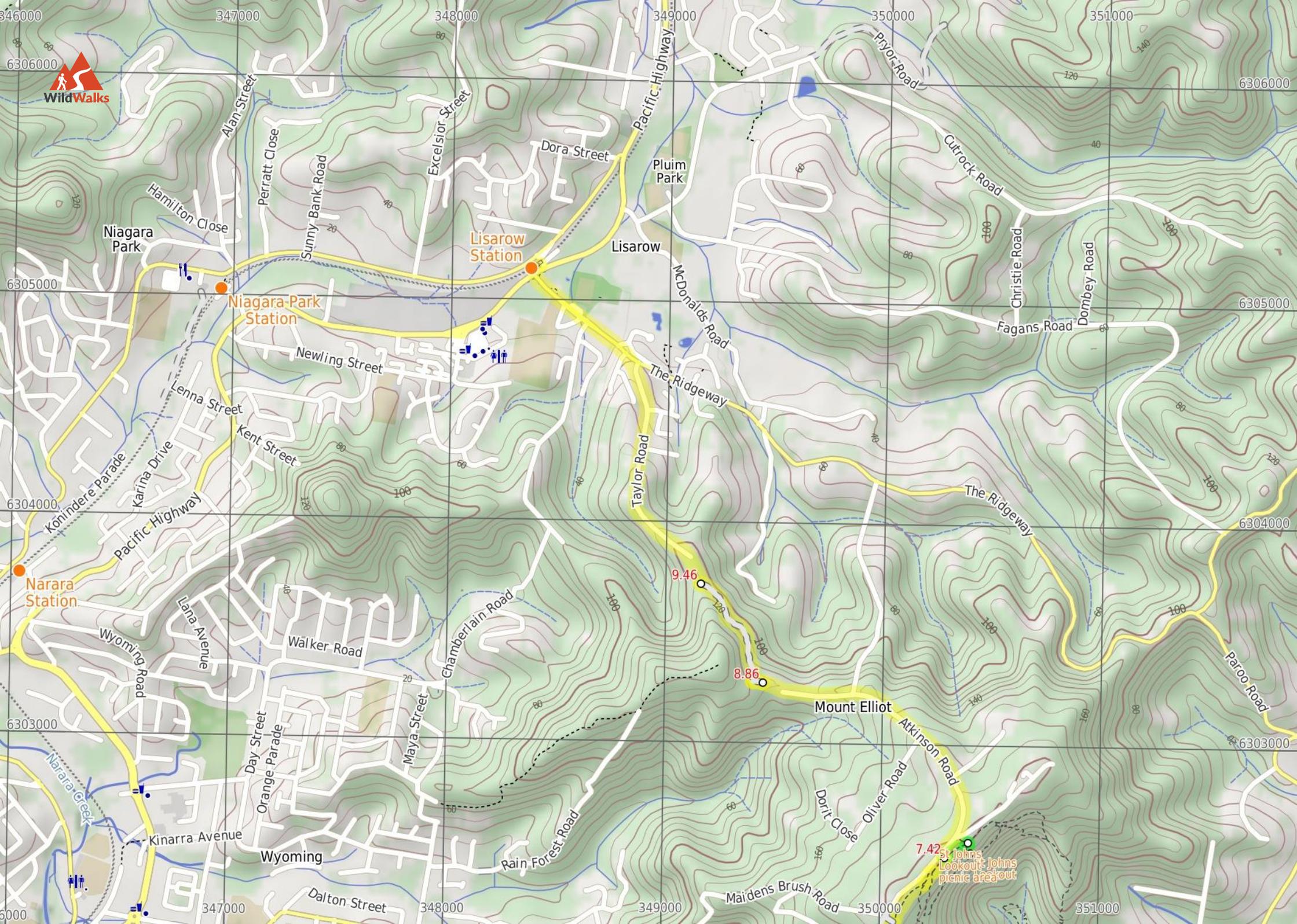
*(600 m 13 mins)* Continue straight: From the end of (the southern section of) Taylors Road, this walk heads west around the locked gate and up the dirt management trail. A few metres after the end of the fence (on the right), the walk comes to an intersection with a link track.

Turn right: From the intersection, this walk follows the link track down the hill, initially keeping the fence, then the valley, on the right. The track passes another track (on the right) and soon steps down onto a wide management trail.

Continue straight: From the intersection, this walk heads along the management trail (away from the private property fence), keeping the valley to the right. The trail winds along the side of the hill until heading around a locked gate and coming to an intersection near 7070 Taylors Rd (north).

### 9.46 | Start of Taylors Rd lower trail

*(1.8 km 33 mins)* Veer right: From the intersection, this walk heads downhill along the dirt Taylors Rd (north), initially keeping the power lines to the left. After about 650m, the road becomes sealed and, shortly afterwards, passes 'Beray Close'. About 240m after passing Courtney Pl, this walk turns left at the 'T' intersection and follows Taylors Rd past the school (where the road becomes Chamberlain Rd), coming to a 'T' intersection with the Pacific Hwy. Here, the walk crosses the highway, turns right and follows the footpath up the ramp to Lisarow Station.



Narara Station

Niagara Park Station

Lisarow Station

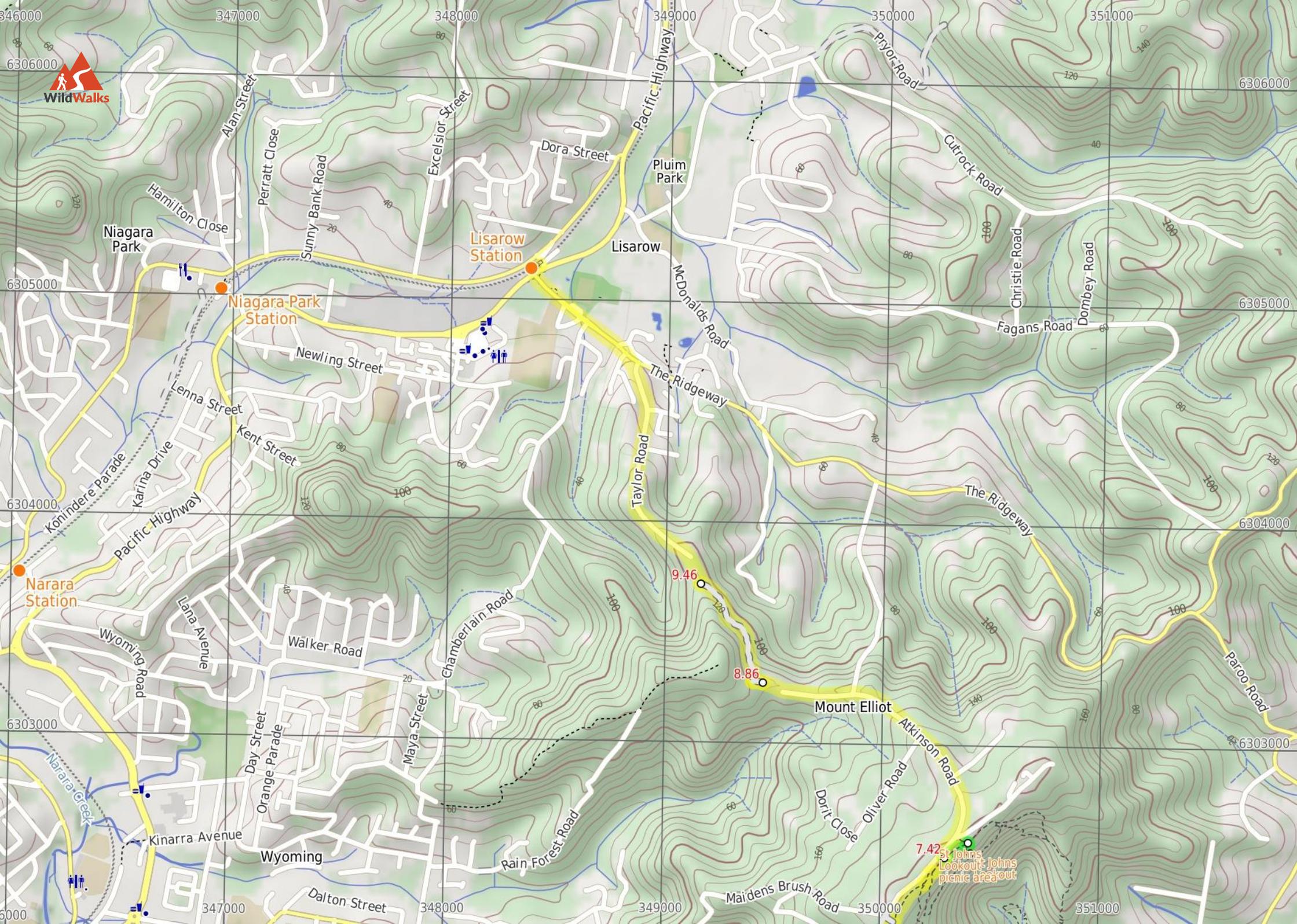
Mount Elliot

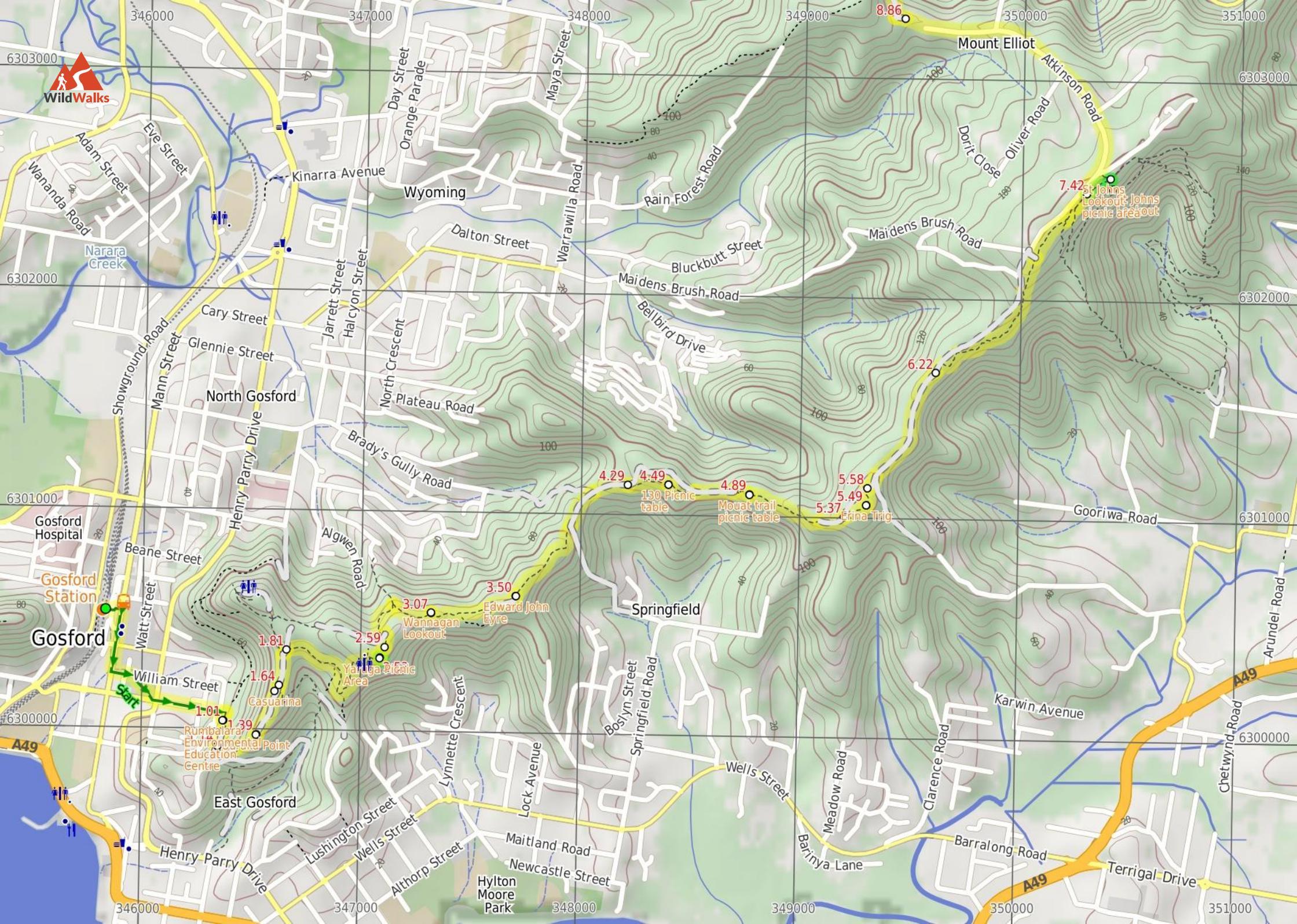
St John's Lookout picnic area

9.46

8.86

7.42





## Summary navigation sheet for the Gosford to Lisarow



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
0.00	Gosford Station -33.4235,151.3418 (GR Gosford, 458005)	38 -6	1 km 19 mins	From the train station, this walk heads out the main eastern exit and crosses the Pacific Hwy using the glass-covered footbridge.
1.01	Rumbalara Environmental Education Centre trackhead -33.4281,151.3475 (GR Gosford, 464000)	18 -1	140 m 4 mins	Turn left: From the trackhead at the back of the Rumbalara EEC, this walk follows the 'Walking Trail' arrow up the steps and along the track.
1.14	Int of Casuarina track and JWD link trail -33.4291,151.3472 (GR Gosford, 464999)	47 0	250 m 7 mins	Turn left: From the intersection, this walk follows the 'Picnic Areas' arrow up the staircase.
1.39	Ouraka Point -33.4286,151.3492 (GR Gosford, 465000)	15 -1	250 m 5 mins	Continue straight: From Ouraka Point, this walk follows the management trail going gently up the hill, leaving the seats and Ouraka Point behind to the left.
1.64	Sculpture of Charles Sturt -33.4266,151.3503 (GR Gosford, 466002)	7 0	170 m 3 mins	Continue straight: From the sculpture, this walk follows the management trail, keeping the views of Gosford to the left, and leaving Charles Sturt behind on the right.
1.81	Flannel Flower walk signpost -33.4252,151.3507 (GR Gosford, 467004)	57 -30	720 m 17 mins	Veer right: From the intersection, this walk follows the 'Yaruga Picnic Area' arrow along the bush track, going gently down the hill.
2.53	Yaruga Picnic Area BBQs -33.4255,151.3553 (GR Gosford, 471003)	0 -9	20 m 1 mins	Optional sidetrip to Yaruga Lookout. Turn right: From the BBQs, this walk goes a very short distance across the picnic area, away from the road, passing the 'Yaruga Lookout' sign, to the left, and the 'Orchid Track' and 'Red Gum Track' signs, to the ri...
2.53	Yaruga Picnic Area BBQs -33.4255,151.3553 (GR Gosford, 471003)	4 -3	60 m 1 mins	Turn left: From the BBQs, this walk goes across the picnic area towards the road and down the steps.
2.59	Western int of Red Gum walk and Dolly Ave -33.4251,151.3555 (GR Gosford, 471004)	35 -56	480 m 13 mins	Continue straight: From the intersection, this walk follows the bush track around the low boulder, to the right, keeping the nearby water reservoir to the right.
3.07	Wannagan Lookout -33.4237,151.3578 (GR Gosford, 473005)	8 -12	430 m 8 mins	Turn right: From the intersection, this walk follows the track a very short distance up the hill, away from the lookout, then turns left (ignoring the track to the right which goes a short distance up the hill to th...
3.50	Sculpture of Edward John Eyre -33.423,151.3619 (GR Gosford, 477006)	23 -50	790 m 18 mins	Continue straight: With the statue on the right, this walk follows the track north-east, keeping the valley on the left.
4.29	Int west of 130 -33.4184,151.3675 (GR Gosford, 482011)	21 0	200 m 4 mins	Veer right: From the intersection, this walk follows the faint track east up the hill, soon keeping the rocky outcrop to the left.
4.49	130 Picnic table -33.4184,151.3695 (GR Gosford, 484011)	16 -18	400 m 9 mins	Continue straight: From the picnic table, this walk heads east, initially keeping the view to the right.
4.89	Mouat trail picnic table -33.4188,151.3735 (GR Gosford, 488011)	41 -6	480 m 10 mins	Continue straight: From the picnic table, this walk follows the track, keeping the fence to the left.
5.37	Int of trig track and Toomeys Rd trail -33.4197,151.3781 (GR Gosford, 492010)	11 0	120 m 2 mins	Veer right: From the intersection, this walk follows the walking track sign north-east up the narrower track and steps.
5.49	Erina Trig -33.4193,151.3792 (GR Gosford, 493011)	0 -5	90 m 2 mins	Continue straight: From the trig station, this walk heads north-east down the hill, soon winding down some stairs to a management trail next to a fence and pond.
5.58	Pond intersection -33.4186,151.3793 (GR Gosford, 493011)	12 -19	640 m 12 mins	Turn right: From the intersection, this walk keeps the fence to the left and heads towards the power lines.
6.22	Int of Mouat and Toomeys Rd Trails -33.4138,151.3826 (GR Gosford, 496017)	81 -38	1.2 km 26 mins	Turn right: From the intersection, this walk follows the arrow up the steps along the walking (and horse) track.

## Summary navigation sheet for the Gosford to Lisarow



km	From	Up/Dwn	Length	Initial directions (Use full tracknotes and maps for more detail)
7.42	St Johns Lookout car park -33.4065,151.3901 (GR Gosford, 503025)	3 -15	170 m 3 mins	Optional sidetrip to St Johns Lookout. Continue straight: From the car park (signposted as 'Katandra' on Toomeys Rd), this walk heads across the picnic area and past the BBQ shelters, keeping the road up the hill to the left.
7.42	St Johns Lookout car park -33.4065,151.3901 (GR Gosford, 503025)	11 -77	1.4 km 27 mins	Veer left: From the car park, this walk heads up to Toomeys Rd and turns right, following the road.
8.86	End of Taylors Rd (south) -33.3993,151.3812 (GR Gosford, 495033)	24 -45	600 m 13 mins	Continue straight: From the end of (the southern section of) Taylors Road, this walk heads west around the locked gate and up the dirt management trail.
9.46	Start of Taylors Rd lower trail -33.3953,151.3781 (GR Gosford, 492037)	10 -94	1.8 km 33 mins	Veer right: From the intersection, this walk heads downhill along the dirt Taylors Rd (north), initially keeping the power lines to the left.